

# Spirituality Report

November 4, 2023

Thanksgiving is approaching and a great reminder to make gratitude a daily habit. Gratitude can be powerful for your health. UCLA Research shows that practicing gratitude – 15 minutes a day, five days a week – for at least six weeks can be beneficial for both your physical and mental health. Consider taking time to incorporate daily gratitude into your routine, if you haven't already. A daily gratitude routine can train your brain to be happier. With the grace of God, may we grow and change from one season to another.

In just under a month, Advent begins on December 3<sup>rd</sup>. This is an incredible opportunity for to prepare our hearts, minds, and souls for the Christ-child, who will one day offer each of us salvation through His sacrifice upon the cross. It is a time to prepare ourselves and reflect on God's love and blessings; a time to plan to thrive instead of just survive!

With immense gratitude, let us draw near to the One who leans down to the earth to beckon us closer. Seize this opportunity to build on our spiritual foundation, so we are well prepared for the changes that are coming ahead.

(The red underlined titles are links to the articles. Please click on them to read more.)

- ⊗ [How to Practice Gratitude:](#) Practicing gratitude can be a game-changer! Here's a complete and very easy to follow guide. By: Mindful
- ⊗ [Advent 2023: The Complete Guide to the Season of Advent:](#) An abundance of resources for one of your best Advent ever! By: Hallow
- ⊗ [Preparing for a Catholic Thanksgiving:](#) It's not specifically Catholic in culture, but it is inherently Catholic in meaning. Build some Catholic Thanksgiving Traditions By: His Girl Sunday
- ⊗ [The Apology \(You'll Never Receive\):](#) The importance of forgiveness is overlooked or forgotten in our spiritual life. During Advent we are called to have a conversion of heart and forgiveness is part of that conversion. By: Project Forgive
- ⊗ [History of the Nativity Scene:](#) A beautiful 38-second video that indicates St. Francis of Assisi, who made the first Christmas crèche for Christmas Eve of 1223. By: USCCB --- Then, get out of your comfort zone and attend a Live Nativity.
- ⊗ [10 Family Advent Traditions to Try This Year:](#) Shape everything you do around the joyful anticipation of this holy Advent season. From assigning secret Advent Angels to family to a Las Posadas door-to-door procession and celebration. Ten Advent traditions to bring your family closer. By: Ascension Press
- ⊗ [6 Ways to Prepare for a Quiet Advent:](#) Bring peace to your Advent. By: How Blessed is She

## Prayer of Gratitude and Blessings:

Lord, we thank you for food and remember the hungry.  
We thank you for health and remember the sick.  
We thank you for friends and remember the friendless.  
We thank you for freedom and remember the enslaved.  
May these remembrances stir us to service,  
that the gifts to us may be used for others.  
Amen.

By: Abigail Van Buren, a.k.a "Dear Abby"

